

### National Resources

National Suicide Prevention Hotline | 1-800-273-8255  
National Sexual Abuse Hotline | 1-800-656-HOPE (4673)  
National Human Trafficking Hotline | 1-888-373-7888  
Sexual Abuse or Thoughts Hotline Stop It Now! | 1-888-PREVENT  
United States Elder Abuse Hotline | 1-866-363-4276  
National Child Abuse Hotline | 1-800-4-A-CHILD (422-4453)  
Child Abuse Hotline / Dept of Social Services | 1-800-342-3720  
Child Abuse National Hotline | 1-800-25ABUSE  
Children in immediate danger | 1-800-THE-LOST  
SAMHSA's National Helpline | 1-800-662-HELP (4357)  
(also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889  
CDC National Aids Hotline | 1-800-232-4646  
Veterans Crisis Hotline | 1-800-273-8255

### General Resources (housing, food, financial, etc)

- **Oxford Housing-Vacancy Search** <https://www.oxfordvacancies.com/>  
Sober/transitional housing across Washington State
- **Housing Resource Center** - Community Action of Skagit County | 330 Pacific Place, Mount Vernon WA 98273  
Serves as the primary point-of-entry for the Coordinated Entry System in Skagit County. Anyone experiencing homelessness, or at imminent risk of homelessness, is encouraged to apply. They also provide a list of "Housing Options to Try in Skagit" for those who are struggling with locating affordable housing. Housing Resource Center Hours: Monday, Tuesday, Thursday, & Friday from 10 a.m.- 3 p.m.
- **Mt Vernon Health Care for the Homeless** 1010 E College Way, Mt Vernon | 360-788-7155  
Primary health care services (SeaMar). Bilingual staff aid with entitlement applications, translations, housing, employment, and job-training referrals. Clients also may be eligible at times for bus, shower and food vouchers. Monday to Friday: 8:00 a.m. - 5:00 p.m.
- **Friendship House Shelters** To request a bed at the Men's shelter please call 360-336-2135  
To request a bed at the Women and Children's shelter please call 360-336-2418
- **Neighbors In Need** 1615 South 2nd Street, Mount Vernon | 360-420-0558  
Tuesdays 1 – 6pm Offers "prep-free" food bag for homeless
- **Tri-Parish Food Bank** 935 Peterson Road, Burlington | 360-757-0128  
September thru May, Saturday 12-3 pm June thru August, Wednesdays 2-6 pm
- **Community Action of Skagit County** 330 Pacific Pl, Mt Vernon, WA 98273 | 360-416-7585
- **Skagit Valley REACH Center** – 360-873-8635, 1413 East College Way, Mount Vernon 98273  
A peer-run center with support groups and classes
- **Skagit County Crisis Line** | 800-584-3578
- **Get help with your PSE Bill.** Eligibility is based on your household income and the number of people that live in your home. To see if you qualify and to get more information about the programs offered, visit [www.pse.com/covidhelp](http://www.pse.com/covidhelp)

### General Resources (cont.)

- Low cost/free **internet** and **discounted computers** from Comcast:  
<https://www.internetteentials.com/>
- **WorkSource** space closed for COVID, Customers can get help through Live Chat on WorkSourceWA.com or by calling 833-572-8400
- **Skagit Rising** <https://skagitrising.org/>  
Resource Clearinghouse

### Substance Use/Alcohol Use Disorder Resources

- Any **Veteran** who would like inpatient care can go to the Northpoint facility in Seattle.  
Email Mike Morgan at [mmorgan@northpointrecovery.com](mailto:mmorgan@northpointrecovery.com) or call him at 208-982-1177.  
They will **provide air or ground transport** from anywhere in Washington.
- **Compass Health** 1100 S 2nd St, Mount Vernon, WA 98273 | 360-419-3500  
Mental health services, allows for walk-ins. HAS MOBILE CRISIS TEAM!
- **Skagit Behavioral Health** 406 First St Ste 308, Mount Vernon, WA 98273 | 360-424-0400
- **Mount Vernon Resource Center** 330 Pacific Place, Mount Vernon, WA 98273 | (360) 416-7585  
Hours: Monday through Friday from 12:00 PM – 4:00 PM (excluding holidays)
- **Recovery Café Skagit** 1908 Riverside Dr, Mount Vernon, WA 98273 | (360) 899-4466

<b>SUNRISE SERVICES</b> 2500 E College Way Mount Vernon WA 98273  <b>Phone:</b> 336-3762 <b>Fax:</b> 336-3815  <b>TREATMENT SERVICES:</b> Mental Health Counseling Dual Diagnosis Treatment CD Services/Assessments (No ADIS)  <b>TREATMENT FOCUS:</b> Adult Out Patient	<b>SEAMAR SUBSTANCE ABUSE SERVICES</b> 1010 E College Way Mount Vernon WA 98273  <b>PHONE:</b> 428-8912 <b>Fax:</b> 424-6288  <b>TREATMENT SERVICE</b> * APPLE HEALTH ASSESSMENT CENTER *ALCOHOL & DRUG INFORMATION SCHOOL *DUI ASSESSMENT * INTENSIVE OUTPATIENT * OUTPATIENT  <b>TREATMENT FOCUS</b> ADULT ADULT HISPANIC/NON-HISPAN
<b>CCS RECOVERY CENTER</b> 614 Petersen Rd Burlington WA 98233  <b>Phone:</b> 360-757-0131 <b>FAX:</b> 360-757-0136  <b>Treatment Services:</b> CD Assessments IOP & Out-Patient Treatment All Insurances and Sliding Scale Mental Health  <b>Treatment Focus</b> (Adult & Juvenile) (Adult & Juvenile) (Juvenile)	<b>SKAGIT COUNTY CRISIS CENTER</b> BRANCH OF PIONEER SERVICES 201 Lila Ln Burlington WA 98233  <b>PHONE (360) 757-7738</b> <b>FAX (360) 757-1687</b>  <b>MAILING ADDRESS</b> BOX 3810 MS 30 EVERETT WA 98213-8810  <b>TREATMENT SERVICE</b> SUB-ACUTE DETOXIFICATION 12 BEDS MENTAL HEALTH STABILIZATION
<b>PHOENIX RECOVERY SERVICES, LLC</b> 1601 E College Way, Ste A Mount Vernon WA 98273  <b>PHONE:</b> 848-8437 <b>Fax:</b> 848-5250  <b>TREATMENT SERVICE</b> * APPLE HEALTH ASSESSMENT CENTER * ADIS * DUI ASSESSMENT * IOP/IOP * SUBOXONE  <b>TREATMENT FOCUS</b> ADULT, FAMILY ADULT, FAMILY FAMILY PPW	<b>UNITED NORTHWEST RECOVERY CENTER</b> 605-B Sunset Park Dr Sedro Woolley WA 98284  <b>PHONE:</b> 856-6300 <b>Fax:</b> 854-9062  <b>TREATMENT SERVICE</b> *ALCOHOL & DRUG INFORMATION SCHOOL *DUI ASSESSMENT *INTENSIVE OUTPATIENT *OUTPATIENT
<b>FOLLMAN AGENCY –</b> 910 S Anacortes St Burlington WA 98233  <b>PHONE</b> 755-1125 <b>FAX:</b> 757-1125  <b>TREATMENT SERVICE</b> *ALCOHOL & DRUG INFORMATION SCHOOL *DUI ASSESSMENT *INTENSIVE OUTPATIENT *OUTPATIENT  <b>TREATMENT FOCUS</b> ADULT ADULT ADULT	<b>PIONEER CENTER NORTH</b> 24961 Thompson Dr A Sedro-Woolley WA 98284  <b>Phone:</b> 856-3186 <b>Fax:</b> 856-3138  <b>TREATMENT SERVICE</b> * ACUTE DETOXIFICATION * ADATSA ASSESSMENT CENTER * LONG-TERM RESIDENTIAL  <b>TREATMENT FOCUS</b> ITA/VOLUNTARY 7 BEDS ITA/VOLUNTARY 134 BEDS
<b>LA ESPERANZA</b> 205 West Steward Road Mount Vernon, WA 98273  <b>Ph:</b> 425.248.4534 <b>Fax:</b> 425.248.4536  <b>TREATMENT SERVICE</b> *ALCOHOL & DRUG INFORMATION SCHOOL *DUI ASSESSMENT *INTENSIVE OUTPATIENT *OUTPATIENT  <b>TREATMENT FOCUS</b> ADULT ADULT ADULT	<b>SWINOMISH WELLNESS PROGRAM</b> Chemical Dependency Services 17337 Reservation Rd La Conner WA 98257  <b>PHONE:</b> 466-1024 <b>FAX:</b> 466-7364  <b>Mailing Address:</b> Box 388 La Conner, WA 98257  <b>TREATMENT SERVICES:</b> * TRIBAL CD HEALTH ASSESSMENT * ADIS * DUI ASSESSMENT, IOP, OUT PATIENT
<b>UPPER SKAGIT TRIBE CD TX PROGRAM</b> 7070 UPPER SKAGIT TRIBAL CLINIC 25959 Community Plaza Way Sedro Woolley WA 98284  <b>PHONE (360) 854-7070</b> <b>FAX (360) 854-7060</b>  <b>TREATMENT SERVICE</b> * APPLE HEALTH ASSESSMENT CENTER * ALCOHOL & DRUG INFORMATION SCHOOL * DUI ASSESSMENT * OUTPATIENT  <b>TREATMENT FOCUS</b> NATIVE AMERICAN	